



# Annual report 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc*  
(NSW CAG)

Representing mental health consumers to all levels of the NSW Government.



"NSW CAG: Bridging the gap between mental health consumers and the NSW Government"

**NSW CAG FUNDED BY NSW DEPARTMENT OF HEALTH**

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## ABOUT NSW CAG

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### Vision

Our vision is for all mental health consumers to experience fair access to quality services which reflect their needs.

### Mission

Our mission is to ensure that mental health consumer views are heard by policy makers, service providers and the community, through promoting consumer participation in relevant policy making and service development decisions. The values behind our work are:

- **Inclusiveness:** Valuing and respecting difference without judgement;
- **Justice and Equity:** Promoting the rights and dignity of consumers in an equitable way to reduce discrimination and stigma;
- **Integrity:** A strong ethical base, accountable and legitimate in representing the views of consumers;
- **Openness:** Being open, transparent and responsive to the needs and views of consumers;
- **Collaboration:** Working in effective partnerships to achieve common goals;
- **Innovation:** Valuing new, effective ways to proactively influence.

### NSW CAG's Patron

NSW CAG is grateful for the support of our patron, Governor of New South Wales, Her Excellency Professor Marie Bashir AC, CVO, who shares our vision of fair access to quality services which reflect the needs of mental consumers.



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## Key Areas of Work

### **1. Advising Government**

NSW CAG provides feedback to the Mental Health and Drug and Alcohol Office, NSW Department of Health and other relevant government and state agencies as they develop policy that relates to consumers.

### **2. Listening to consumers**

NSW CAG seeks the views of consumers in NSW on issues relating to the mental health system using various means, including: face-to-face consultation forums across the state in each Area Health Service, quarterly newsletter, weekly E-News, calls for contributions through Network NSW, and via the newly established website forum.

### **3. Leading the debate**

NSW CAG seeks to take a proactive approach to identifying issues of importance to consumers in relation to state policy and service development, promoting debate and awareness of these issues between all stakeholders.

NSW CAG holds and promotes conferences, seminars and forums of interest to consumers that provide information and facilitate discussion about mental health issues.

### **4. Promoting participation**

NSW CAG encourages a strong understanding and enactment of consumer participation at all levels in mental health service planning, provision and evaluation, and policy development by all stakeholders.

- NSW CAG has representatives who sit on various State and Federal committees. This ensures that the views of mental health consumers in NSW are heard.
- NSW CAG develops and works on projects that relate to consumer participation in the mental health sector.



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## **5. Informing effectively**

NSW CAG provides information to consumers, service providers, carers and others via mail, E-mail, and our website. This includes our free quarterly newsletter, [NSW CAG INFO LINK](#) and our weekly E-news, which provide information about best practice in consumer participation, mental health service provision and systemic issues, as well as promotes opportunities to participate. People can receive this information by joining [Network NSW](#). People can also ask for information to be distributed and can contribute to the newsletter.

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## CHAIRPERSON'S REPORT

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The 2008-2009 financial year for NSW CAG saw incredible growth in our capacity as an organisation and in our profile as the peak body representing mental health consumers in NSW.

At our AGM in December 2008, we were sad to farewell Dr Gillian Malins who had been the Executive Officer of NSW CAG since 2006. During her time with the organisation, Gillian drove forward the vision of NSW CAG, expanding our ability to represent consumers and establishing greater governance and management structures to ensure the sustainability of the organisation. We are pleased that Gillian is continuing in an advisory role to the organisation.

We were, however, also pleased to announce the appointment of Karen Oakley to the position of Executive Officer. Karen has been with NSW CAG since 2006, working as the Project Officer for Stage 2 of the MH-CoPES Project. We are confident Karen will continue and extend the work of Gillian and take NSW CAG forward.

On a funding level, NSW CAG received a one year enhancement of core funding from the Mental Health and Drug and Alcohol Office, NSW Health to enhance our ability to consult with, and represent consumers. We were delighted to receive news during this financial year that this enhanced funding will be continued until 2012. This funding demonstrates the quality of work being conducted by NSW CAG, and is a reflection of the Government's ongoing commitment to consumer participation in mental health services.

The feedback received from consumers, service providers, NSW Health and others over the past year indicates that NSW CAG is now respected as the peak body representing mental health consumers in NSW. This is further reflected in the increased requests from NSW Health for NSW CAG's input. The importance of this reputation is that NSW CAG is able to strongly represent the views of consumers at a state level, and positively effect changes in the mental health system. This growing reputation is due to the hard work and dedication of the members of NSW CAG's Board of Trustees and the staff.





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In November 2008, the NSW CAG Board of Trustees adopted a new constitution. This constitution includes:

- Open membership to NSW CAG to individuals living in NSW.
- Election of the Board by the members.
- A change in the composition of the Board to be a minimum of 7 people and a maximum of 11, with at least 50% of the Board being consumers.

These changes were made to enable greater consumer participation in the governance of the organisation. Since its adoption, we have had 43 people become members of NSW CAG and forward to welcoming more members.

In the next year, we strive to continue to build our ability to effectively represent the views of mental health consumers, and work towards greater opportunities for genuine consumer participation within the mental health system. Our ongoing work with the MH-CoPES Project will be one mechanism through which this is achieved. We also will be commencing Stage 2 of the Consumer Worker Forum Project which aims to develop a framework for the consumer workforce within public mental health services in NSW.

I would like to thank the work of the Board over the past year. I would like to acknowledge the contribution of members of the Board who retired during the financial year, Brenda Spencer, Tony Turner, Derek Hambly, and Marilyn Dibbs, and to welcome our new members, Anne Francis, Richard Saliba, Warren Heggarty, and Lynda Hennessy. I would also like to thank Jenny Mackellin for her tireless work.

Regards  
Allison Kokany



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## EXECUTIVE OFFICER'S REPORT

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NSW CAG has grown considerably throughout 2008-2009, in size, profile and reputation. The securing of additional funding enabled us to establish a Policy Team. The team is headed by Rebecca Doyle, Senior Policy Officer, and is comprised of two Policy Officers, Bridgette Skehan and Lauren Whibley, and a consumer designated Policy and Participation Officer, Magi Rai. This team is responsible for NSW CAG's consultation, participation and representation. In its first year, the team has enabled us to represent consumers through a greater number of submissions and on a greater number of state committees than in previous years. The team has been conducting consultations with consumers throughout the state, visiting 12 towns and talking with over 190 people. We have also extended our consultative mechanisms to include a website forum where consumers can discuss issues related to the mental health system, and provide input into the work and representation of NSW CAG.

The consultation work of NSW CAG is fundamental to our ability to represent the views of consumers in NSW. We will continue to trial new mechanisms to enable a greater number of consumers from throughout the state, including those from more marginalised groups to participate in the mental health system through NSW CAG. I would like to thank everyone who has attended one of our consultations, or contributed via the forum or email. Your contribution enables NSW CAG to perform our role as the peak body representing mental health consumers in NSW.

In March 2009, we launched the new NSW CAG website. This project, funded through an infrastructure grant from the Mental Health Council of Australia, has enabled us to extend our ability to consult with consumers, via the forum and survey functions included. It also assists us to inform consumers about the work of NSW CAG and what is happening around the state and nation in regards to mental health. This refreshed website, our weekly E-News and quarterly newsletter are an important element of our work to facilitate the ability of consumers to participate in the mental health system.

Throughout the year, NSW CAG has been engaged in a number of projects. We continued our campaign to overcome the stigma and discrimination faced by many with mental illness during Mental Health Week 2008. The launch of a postcard requesting a statewide, multi-faceted program to address this stigma and

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discrimination was well received. A follow up meeting with the Minister Assisting the Minister for Health (Mental Health) highlighted the need for such a program.

Another major project NSW CAG has continued to progress is the MH-CoPES Stage 2 Project. The Project Team has done a fantastic job, culminating in the completion of the Stage 2 report. The report includes recommendations for the future statewide implementation of the full MH-CoPES Framework in adult, public mental health services. I would like to thank our partners, the consumers and services in Orange and Ryde, and the members of the Reference Group who have worked with us throughout the Project to make it such a success.

As we look towards the new financial year, there are many exciting projects, events and activities we are planning to embark upon. We look forward to continuing to extend the scope and reach of our activities, enhance consumer participation, and to build our public and research profile to provide leadership in the sector and to have influence on consumer and carer mental health issues in NSW.

I would like to thank all of our partners from other organisations who have worked with us throughout the year on various projects and in arranging, facilitating and hosting consultations and events. I would also like to thank and congratulate the very dedicated team of staff and the Board at NSW CAG. Although the year has been very busy and presented many challenges, we have continued to grow in our work, knowledge and professionalism and have achieved much more than we often realise.

Karen Oakley  
Executive Officer



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## PEOPLE BEHIND NSW CAG

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### NSW CAG Board

#### **December 2008 to June 2009**

Chair	Alison Kokany
Deputy Chair	Marilyn Dibbs (to April 2009)
Secretary and Public Officer	Richard Saliba
	Jenny Mackellin
	Anne Francis
	Warren Heggarty
	Linda Hennessy

#### **July 2008 to December 2008**

Chair	Allison Kokany
Deputy Chair	Brenda Spencer
Secretary and Public Officer	Jenny Mackellin
	Tony Turner
	Derek Hambly
	Marilyn Dibbs



### NSW CAG Staff

#### **Permanent:**

Executive Officer	Gillian Malins (to November 2008)
Acting Executive Officer (to December 2008) and Executive Officer (from December 2008)	Karen Oakley
MH-CoPES Acting Project Officer (to November 2008) and Senior Policy Officer (from November 2008)	Rebecca Doyle
MH-CoPES Research Assistant	Sylvia Kozlowski (to December 2008)
Policy and Participation Officer	Magi Rai (from January 2009)
Policy Officer	Lauren Whibley (from September 2008)
Policy Officer	Bridgette Skehan (from April 2009)
Executive Support Officer	Cecilia Rais
Administration Officer	Maureen O'Keeffe



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## **Casual:**

Committee Representative

Participation Officer

Participation Officer/Committee Representative

Committee Representative

Committee Representative

Committee Representative

Participation Officer/Committee Representative

Administration Assistant

Administration Assistant

Susan Palmer (casual)

Phillip Escott (casual to November 2008)

Rosemary Bourne (casual)

Katrina Stewart (casual)

Liz Moore (casual)

Lily Wu (casual)

Narelle Heywood (casual)

Emma O'Rourke (Temporary - April 2009)

Nancy-Belle Brown (Temporary - from April 2009 to May 2009)



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## NSW CAG PROJECTS

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### **Mental Health Consumer Perceptions and Experiences of Services (MH-CoPES) Stage 2**

The Mental Health Consumer Perceptions and Experiences of Services (MH-CoPES) Project, Stage 2 has been conducted by NSW CAG in partnership with the Mental Health, Drug and Alcohol Office (MHDAO), NSW Health. The aim of the Project is to develop a way for people who use adult mental health services to provide feedback about their experiences, and for this to then inform service improvements. NSW CAG has been conducting the research component of this Project, including finalising the Framework and associated questionnaires.

This financial year saw the completion of Stage 2 of the Project MH-CoPES, with the final meeting of the MH-CoPES Steering Committee, and the preparation of the final MH-CoPES Stage 2 Report. This report includes six recommendations for the implementation of the complete MH-CoPES Framework throughout the adult public inpatient and community mental health services in NSW.

The final MH-CoPES Stage 2 Report was presented to NSW Health, for presentation to the Mental Health Program Council, the governing body for public mental health services in NSW, at the beginning of July 2009.

The findings presented in the final report include that MH-CoPES provides a Framework that not only facilitates an opportunity for consumers to evaluate mental health services, but also for promoting cultural change around attitudes towards consumers of mental health services and consumer participation.

We would like to thank the MH-CoPES Reference Group, consumers, service providers and Area Mental Health staff involved in the trial and project for their valuable input into the Project.





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## Anti-Stigma and Discrimination Campaign

In 2007 NSW CAG launched its DVD “It’s only 1/100th of me. Stories of 6 people challenging stigma and discrimination surrounding mental illness”. This commenced NSW CAG’s campaign to challenge stigma and discrimination faced by people living with a mental illness. This financial year NSW CAG continued to receive requests for the DVD. To date, over 507 copies have been distributed to individuals and organisations throughout NSW, and Australia. Each of the stories is also available at [www.youtube.com](http://www.youtube.com).

In 2008 NSW CAG conducted an anti-stigma campaign using postcards addressed to the Minister Assisting the Minister for Health (Mental Health), Barbara Perry, to raise awareness around the stigma and discrimination people living with mental illness face. The campaign called for the implementation of a statewide anti-stigma and discrimination program, and resulted in a prompt response from Minister Perry, requesting a briefing from the Mental Health, Drug and Alcohol Office around what programs are currently in place, and what is needed to assist in combating stigma and discrimination.

NSW CAG met in person with Barbara Perry in January 2009, and the Minister expressed agreement of the need and usefulness for such a program.



**it's only 1/100th of me**

For a copy of NSW CAG's DVD "It's only 100th of me" stories of six people challenging stigma and discrimination surrounding mental illness contact NSW CAG on 02 9332 0200. For more information go to [www.nswcag.org.au](http://www.nswcag.org.au)

The NSW Consumer Advisory Group – Mental Health Inc. (NSW CAG)  
NSW CAG is the peak body for mental health consumers and carers in New South Wales and is funded by the NSW Health Department

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## **Flourish: Development and Evaluation of a Recovery Self-Help Program**

“Flourish” is a new type of self-help program for people with long-term mental illness, developed by researchers at the Illawarra Institute for Mental Health at the University of Wollongong. Trials of the program were conducted during 2008 in Wollongong, Nowra, Sydney and Gippsland (Victoria), with 38 people taking part in the first round of the trial, and 23 people in the second round. This program has been conducted in collaboration with NSW CAG, with the results thus far being very positive.

“Flourish” is a self-development program that focuses on the positive, and working towards the future rather than focusing on problems. It is designed to enable people to take responsibility for making positive changes they want to see in their lives, thus encouraging personal growth.

The “Flourish” program is self-directed, and comprises a handbook containing information and exercises that a person can work through at home; an mp3 player with recordings that complement the handbook material; fortnightly peer-led discussion meetings; and reminder calls during the alternate fortnight. There are eight self-learning modules, including:

1. Recovery and flourishing
2. Identifying my strengths and my values
3. Life vision and goal planning
4. How positive emotions can help us to grow
5. How mindfulness can help us deal with anxiety
6. The process of change
7. Overcoming resistance to change
8. Obtaining social support for goals

Research has found that people who completed the program showed increases in psychological wellbeing in the areas of self-acceptance, environmental mastery, relationships with others, personal confidence and hope, goal orientation, trusting others and less pervasive symptoms.

This research is funded by the Australian Rotary Health Research Fund.





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## **NGO Mental Health and Drug and Alcohol Research Project: What Works?**

NSW CAG is working in collaboration with the Mental Health Association NSW (MHA), the Association for the Relative and Friends of the Mentally Ill (ARAFMI) and the University of Western Sydney to conduct research around cannabis use in young people who identify as having a mental illness.

The aim of the “What Works?” Project is to collect information that may be useful in the development of a health promotion campaign aimed at young people living with mental illness who are at risk of developing a dependence on cannabis. The Project will use groups with people aged between 18 and 30 years old, aiming to find out why some young people living with mental illness use cannabis and why others do not, and for those that have stopped using cannabis, the reasons for their cessation.

This financial year has seen the establishment of the Project’s Steering Committee, and ethics approval being granted from the University of Western Sydney Human Research Ethics Committee to conduct the research. Funding for this Project is from the Mental Health Coordinating Council’s Drug and Alcohol Research Grants Program.

## **Youth Voice Project**

This project is being conducted by NSW CAG with the aim to engage with young people who live with mental illness, and to find out what their perceptions and needs are around the mental health system. The Project is scheduled to take place in September 2009, and will use the Playback Theatre and focus groups to consult with young people between the ages of 16 and 18 living in the City of Sydney Council Local Government Area.

Playback Theatre is a type of consultation/theatre where people in the audience share their thoughts and experiences in their own words, and the Playback Theatre then replays this story in a performance with actors and musicians. It is unscripted and based entirely on what people in the audience offer as their thoughts and experiences. Playback Theatre offers the opportunity to engage with young people in an atmosphere that is intimate and non-threatening.

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NSW CAG is hopeful to find out more about the needs of young people living with mental illness.

The Project is funded by the City of Sydney.

## **The Recovery Project – The Mental Health Coordinating Council in Partnership with NSW CAG**

NSW CAG and the Mental Health Coordinating Council (MHCC) are undertaking a joint initiative to develop a resource that provides practical support to the non-government organisations in the mental health sector to incorporate the philosophy of “recovery” into practice.

The Project commenced in response to the perceived lack of understanding about what “recovery oriented service provision” means in practice, for both consumers of services and for workers delivering these services. This is combined with the growth of the community mental health sector in NSW, the need to strengthen the quality of service delivery for people living with mental illness, and the need for service providers to have a resource that provides practical information on how to deliver recovery oriented services.

This Project is in its initial stages. NSW CAG has engaged consultant Narelle Heywood and NSW CAG Policy Officer Lauren Whibley to conduct a literature review on recovery and service provision, to conduct consultations in late 2009 with key stakeholders around the development of the resource. A Steering Committee has been formed, with joint membership between MHCC and NSW CAG. The formation of a Reference Group is expected in 2009.

It is envisaged this Project, including the development of a resource will be completed by February 2010. The Project has been funded through the Infrastructure Grants Program, NSW Health and is administered by the MHCC.



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## **Refreshing NSW CAG's website and constitution**

These projects saw NSW CAG revise and adopt a new constitution, and refresh and improve our website. These projects have contributed to the ongoing development of NSW CAG's systems and structures to enable consumer participation in our work.

These projects were funded through an infrastructure grant administered by the Mental Health Council of Australia.

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## NSW CAG EVENTS

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### Minister's XI Cricket Match

The Minister's XI Annual Cricket Match was held on 16 November 2008. This match has a history of 11 years, and is jointly coordinated by NSW CAG, the Schizophrenia Fellowship of NSW and Aftercare. NSW CAG was grateful that the Minister Assisting the Minister for Health (Mental Health), Barbara Perry, was able to attend and present awards at the end of the day.



### Launch of NSW CAG's New Website and Forum

On 27 April 2009, Karen Oakley, Executive Officer officially launched NSW CAG's new website. At the launch, Karen provided an overview of the website and its new functions. The new website is more interactive and easier to navigate than the previous website.

The launch was attended by a number of consumers, NSW CAG staff and board members, and other organisations such as the Mental Health Association NSW.

The website aims to create greater awareness about the role of NSW CAG and to provide an opportunity for consumers to have their voices heard around their experiences of mental illness and the mental health system in NSW. The site has online resources, including an online forum for consumers; access to NSW CAG's submissions and reports; information about getting involved as a



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consumer of mental health services, including information about upcoming public consultations held by NSW CAG; and information about systemic advocacy.

The forum began with two live topics for discussion: one around “recovery”, and the other being “have your say about the mental health system in NSW”. NSW CAG envisages that the forum will be a starting place for discussion around mental health issues, and another way for NSW CAG to hear what the current issues are for people who live with mental illness.

The NSW CAG website and forums can be found at [www.nswcag.org.au](http://www.nswcag.org.au)



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## NSW CAG CONSULTATIONS AND SUBMISSIONS

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### **July 2008**

#### *Consultations:*

- Email consultation through our Network NSW (with a readership of approximately 900 people) around “Comorbidity – Mental Illness, Drugs and Alcohol”.
- Email consultation through our network around NSW CAG’s focus for advocacy – what is happening in mental health in NSW.

Both of these consultations were used to provide input into NSW CAG’s Newsletter.

### **August 2008**

#### *Consultation:*

- Email consultation through our Network NSW around stigma and discrimination, and the type of campaign people think that the NSW Government should conduct.

As an outcome of this consultation, NSW CAG developed a postcard addressed to Barbara Perry – The Minister Assisting the Minister for Health (Mental Health) to progress NSW CAG’s Anti-Stigma and Discrimination Campaign. This was launched during Mental Health Week 2008.

### **September 2008**

#### *Submission:*

- Submission to the Pension Review.
- Feedback on the Mental Health Legislation Amendment (Forensic Provisions) Bill 2008.

### **November 2008**

#### *Consultations:*

- Email consultation through our Network NSW to inform our submission to the National Disability Strategy.
- Email consultation through our Network NSW to inform our submission on the Inquiry into the Operation of the Health Care Complaints Act 1993.
- Email consultation through our Network NSW around consumer participation and systemic advocacy to inform our Newsletter.



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- Consultation at the NSW Consumer Worker's Forum to promote our activities and consult with consumer workers around issues relevant to them.
- Consultation forum at St. Vincent's Hospital (16 November 2008).

*Submission:*

- Submission to the NSW Community Health Review.
- Submission to the Inquiry into the Operation of the Health Care Complaints Act 1993.

## **December 2008**

*Consultation:*

- Consultation for forensic consumers at Morisset Hospital (2 December 2008).

*Submission:*

- Submission to the National Disability Strategy.

## **January 2009**

*Consultation:*

- Email consultation through our Network NSW to inform our submission to the Development of the 4 National Mental Health Plan.

*Submission:*

- Feedback to NSW Health regarding the Draft NSW Clinical Guidelines for the Care of Persons with Comorbid Mental Illness and Substance Use Disorders.
- Comment to NSW Health on draft information sheets for carers and consumers regarding the Mental Health (Forensic Provisions) Act 1990.

## **February 2009**

*Consultations:*

- Email consultation through our Network NSW around consumer participation and individual advocacy to inform our Newsletter.
- Email consultation through our Network NSW around consumer input and advice to inform NSW CAG's participation on a panel at the Public Interest Advocacy Centre's (PIAC) conference on Carbon and Consumers held on 27 February 2009.



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## *Submission:*

- NSW CAG and MHCC provided a joint response to the Hon. John Della Bosca, Minister for Health, in regards to the Final Report of the Special Commission of Inquiry Acute Care Services in NSW Public Hospitals (The Garling Report).

## **March 2009**

### *Consultation:*

- Email consultation through our Network NSW to inform our advice to NSW Health around the development of the Mental Health Statewide Education, Training and Support Plan.

### *Submissions:*

- Feedback to NSW Health regarding the “Development of the 4<sup>th</sup> National Mental Health Plan”.
- Comment on the National Health and Hospitals Reform Commission Interim Report.

## **April 2009**

### *Consultations:*

- Consultation forum in Wagga Wagga (23 April 2009).
- Consultation forum in Griffith (24 April 2009).

Forty three people attended these consultations, with participants including consumers, family, carers, and mental health workers/ service providers. The purpose of the consultations was to inform NSW CAG’s planned submissions and future lobbying.

- Email consultation through our Network NSW around one key focus of our advocacy work: “Focusing on recovery orientation – seeing the whole person” to inform our Newsletter.

## **May 2009**

### *Consultations:*

- Consultation forum at Port Macquarie (4 May 2009).
- Consultation forum at Bega (12 May 2009).
- Consultation forum at Wollongong (22 May 2009). This consultation targeted towards people from a Non-English Speaking Background.
- Consultation forum at Armidale (28 May 2009).
- Consultation forum at Tamworth (29 May 2009).





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Ninety-seven people attended these consultations. Participants were predominantly consumers. Family, carers, mental health workers and services providers also attended. These consultations will offer key input to NSW CAG's future lobbying and planned submissions.

- Telephone consultation with 14 consumer workers and advocates, regarding feedback and input of the Housing and Accommodation Support Initiative (HASI) Program.

### *Submission:*

- Feedback to NSW Health on the draft Rehabilitation and Recovery Strategy for NSW Mental Health Non Acute Inpatient Units 2009-2014.

## **June 2009**

### *Consultations:*

- Email consultation through our Network NSW around our submission to the National Human Rights Consultation.
- Email consultation through our Network NSW to seek input to inform our participation at the Diabetes and Mental Health Summit.
- Consultation forum at Shellharbour (18 June 2009).
- Consultation forum at Lismore (30 June 2009).

Thirty seven people attended face to face consultations. Participants were mainly consumers, with carers, students, mental health workers and service providers also attending. These consultations will offer key input to NSW CAG's future lobbying and planned submissions.

### *Submission:*

- Submission to the National Human Rights Consultation.

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## NSW CAG NETWORK'S – NETWORK NSW AND WEBSITE

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We use three main ways to stay in touch with NSW CAG's network, Network NSW:

- Our newsletter – NSW CAG INFO\_LINK
- The NSW CAG website
- E-mail updates – E-News

These methods of communication help NSW CAG keep consumers in NSW up-to-date with information about what is happening in NSW in relation to the mental health system. This financial year saw Network NSW grow to approximately 940 people across the state.

### Newsletter: NSW CAG INFO\_LINK

A broad range of information has been published in the four editions of Info\_Link during this financial year 2008-2009. Some of the key topics were:

Issue 16 – September 2008:

- NSW CAG summary of submissions presented to Government Departments
- MH-CoPES Stage 2: The Role and Place of MH-CoPES and Outcomes of the MH-CoPES 2008 Pilot and Data Collection

Issue 17 – December 2008:

- NSW CAG Anti-Stigma and Anti-Discrimination Campaign
- NSW CAG Committee Representation
- Forensic Mental Health
- Mental Health Policy in Australia – an overview

Issue 18 – March 2009:

- The National Health and Hospitals Reform Commission Interim Report and NSW CAG's submission to this Commission
- Understanding Advocacy
- Understanding Human Rights in Australia
- Understanding Advance Directives
- The Official Visitors Program



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Issue 19 – June 2009:

- NSW CAG's submission to the Mental Health Education, Training and Support Working Group, the National Human Rights Consultation and the Community Health Review
- NSW CAG Roadshow Consultations
- Discussion on "Recovery"
- Federal Budget 2009-2010
- NSW State Budget 2009-2010
- What will the Carbon Pollution Reduction Scheme mean for energy consumers?

The newsletter has been distributed by mail to approximately 450 people in NSW in addition to a further 580 (approximately) via E-News advising our Network that Info\_Link is accessible on the website.

## Website and Forum

This year we have seen the revitalisation of the NSW CAG website with an official launch in April 2009 by Karen Oakley, Executive Officer.

The new website aims to create greater awareness about the role of NSW CAG and to provide an opportunity for consumers to have their voices heard about their thoughts and experiences with the mental health system. It now has online resources, including an online forum for consumers. The discussions in the forums are topical issues relating to the mental health system, which so far have included discussion threads around recovery, and more broadly around the mental health system in NSW. The forum is another way that NSW CAG can reach people living with mental illness, and use their input to inform our work.

The website also allows access to NSW CAG's submissions and reports; information about "getting involved" as a mental health consumer, including information about upcoming public consultations held by NSW CAG; and information about systemic advocacy. We also have included a new section where consumers can find information on state and Federal policies, legislation and useful links that may be of interest to them.

The website is kept up-to-date with information been constantly updated. Our website address is [www.nswcag.org.au](http://www.nswcag.org.au).

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## E-News

To help our network keep in touch, we regularly pass on news of mental health events and other information to people on our email list (approximately 580 people). This takes the form of a weekly E-mail newsletter with information about NSW CAG's activities and news from other organisations.

## Your Voice through NSW CAG

NSW CAG also conducts consultations with Network NSW via email. Calls for contributions or input are sent on particular topics to those on our email list.



# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

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## NSW CAG REPRESENTATION ON COMMITTEES

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### **National Committees**

National Mental Health Consumer & Carer Forum

### **State Committees – Convened by Mental Health and Drug and Alcohol Office, NSW Health**

APQ6 Implementation Steering Committee

Multicultural Mental Health Strategy Implementation Committee

Chronic and Continuing Care, Rehabilitation and Recovery Working Group

HASI Evaluation Reference Group

HASI 5a Evaluation Panel

Joint Guarantee of Service (JGOS) for people with Mental Health Problems and Disorders living in Aboriginal, Community and Public Housing

Mental Health Emergency Care Committee

NSW Mental Health Priority Taskforce

NSW Smoke Free Mental Health Taskforce Committee

Official Visitors Advisory Committee

State Mental Health Telephone Access Line Steering Committee

Sexual Safety Working Group

Sexual Safety Reference Group

# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

## **State Committees – Convened by other organisations**

Council of Social Service of NSW (NCOSS) Health Policy Advisory Group

Health Care Complaints Commission (HCCC) Consumer Consultative Committee

Mental Health Emergency Care Learning and Development Program Advisory Committee (Institute of Psychiatry)

Mental Health Information Service Reference Group (Mental Health Association NSW (MHA))

Mental Health Legal Services Project Steering Committee (Public Interest Advocacy Centre NSW (PIAC))

Mental Health Rights Manual Reference Group (Mental Health Coordinating Council)

NSW Mental Health Promotion Reference Group (MHA)

Individual Advocacy Project (PIAC)

What works? – Research Project Partnership (NSW CAG, MHA, ARAFMI, UWS)

# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

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## OTHER NSW CAG REPRESENTATION

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NSW CAG also represented its constituency at the following:

- A meeting with Sydney Water and Energy Australia about issues for mental health consumers (April 2009).
- Representation of mental health consumers in NSW at the 4th National Mental Health Plan Stakeholder Forum (April 2009).
- A meeting with the University of Armidale, New England about their mental health curriculum in the School of Health (May 2009).
- NSW CAG provided consumer feedback through attending a training day for Crossing Bridges program for adult mental health workers about the needs of children who have parents living with mental illness (May 2009).
- Meetings with Ministers:
  - Barbara Perry – Minister Assisting the Minister for Health (Mental Health) (February 2009).
  - John Della Bosca – Minister for Health (February 2009).
  - Kevin Humphries – Shadow Minister for Healthy Lifestyles (March 2009).

# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

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## NSW CAG PRESENTATIONS

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Over this financial year NSW CAG made a number of presentations, including:

- MH-CoPES presentation to CoAT (Consumer Audit Tool) Meeting (July 2008).
- A presentation to South Eastern Sydney and Illawarra Area Health Service (SESIAHS) Mental Health Week about the work of NSW CAG (October 2008).
- A presentation to the Drug and Alcohol Program Council, NSW Health around consumer participation (March 2009).
- MH-CoPES presentation to the Safety and Quality Partnership Subcommittee (March 2009).
- MH-CoPES presentation to the National Consumer and Carer Forum (March 2009).
- Presentation to the Mental Health Priority Taskforce on the perspectives of mental health consumers about the NSW Health Smoke Free Workplace Policy (April 2009).
- Presentation at the MHCC and NADA Outside In Conference: “Consumer Participation: Rhetoric or Reality?” (May 2009).
- Public address at the launch of NSW Health’s Policy Guidelines for the Physical Health Care of Mental Health Consumers (May, 2009).
- Presentation at the Official Visitors Annual Conference on NSW CAG’s advocacy work (May, 2009).





# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

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## CONFERENCE, SEMINARS AND EVENT ATTENDANCE BY NSW CAG

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### 2008:

#### September:

- Mental Health Coordinating Council Recovery Workshop, Australian Technology Park, Sydney
- Conference - Which Way to Social Justice, Sydney
- NSW Mental Health Consumer of the Year Awards, Parliament House, ACT

#### November:

- National Disability Strategy Community Consultation
- NSW Health Multicultural Mental Health Plan Launch, Parliament House, ACT
- Visit to the new mental health facility at Long Bay Gaol, Sydney

#### December:

- Mental Health Coordinating Council (MHCC) AGM, Sydney

### 2009:

#### January:

- Individual Advocacy Forum – The Public Interest Advocacy Centre (PIAC)

#### February:

- TheMHS Summer Conference, Sydney

#### March:

- DVD filming – Emergency Care Training Program, Institute of Psychiatry
- Annual Health Congress, Sydney

#### April:

- Crossing Bridges Pilot training for Children of Parents with Mental Illness (COPMI), Sydney

# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

- Australian Council Of Social Services (ACOSS) National Conference, Sydney

May:

- Mental Health Coordinating Council (MHCC) and Network of Alcohol and other Drug Agencies (NADA) Conference – Outside In, Sydney
- Launch of the Guidelines for the Physical Health Care of Mental Health Consumers, Sydney
- Official Visitors Conference, Sydney

June:

- Diabetes and Mental Health Symposium, Sydney

# ANNUAL REPORT 2008 - 2009

NSW Consumer Advisory Group – Mental Health Inc.

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## AUDITOR'S REPORT

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### INDEPENDENT AUDITOR'S REPORT

#### TO THE MEMBERS OF NSW CONSUMER ADVISORY GROUP - MENTAL HEALTH INC ABN 82 549 537 349

We have audited the accompanying financial report, being a special purpose financial report, of NSW Consumer Advisory Group - Mental Health Inc., which comprises the balance sheet as at 30 June 2009, and the income statement and cash flow statement for the year then ended, a summary of significant accounting policies, other explanatory notes and the statement by the members of the committee.

#### *The Responsibility of members of the committee for the Financial Report*

The members of the committee of the association are responsible for the preparation and fair presentation of the financial report and have determined that the accounting policies described in Note 1 to the financial statements which form part of the financial report are appropriate to meet the financial reporting requirements of the Associations Incorporation Act (NSW) and are appropriate to meet the needs of the members. The members of the committee's responsibility also includes designing, implementing and maintaining internal controls relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

#### *Auditor's Responsibility*

Our responsibility is to express an opinion on the financial report based on our audit. No opinion is expressed as to whether the accounting policies used, as described in Note 1, are appropriate to meet the needs of the members. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial report. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial report in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the members of the committee, as well as evaluating the overall presentation of the financial report.

# ANNUAL REPORT 2008 - 2009

## *NSW Consumer Advisory Group – Mental Health Inc.*

The financial report has been prepared for distribution to members for the purpose of fulfilling the members of the committee's financial reporting under the Associations Incorporation Act (NSW). We disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

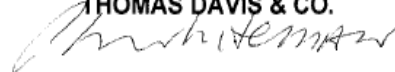
We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

### *Auditors Opinion*

In our opinion, the financial report presents fairly, in all material respects, the financial position of NSW Consumer Advisory Group - Mental Health Inc. as of 30 June 2009 and of its financial performance and its cash flows for the year then ended in accordance with the accounting policies described in Note 1 to the financial statements.



**THOMAS DAVIS & CO.**



P.L. WHITEMAN

PARTNER

Chartered Accountants

SYDNEY,

13 October, 2009



# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

## STATEMENT BY MEMBERS OF THE COMMITTEE

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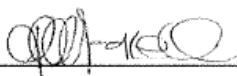
The committee has determined that the Association is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies outlined in Note 1 to the financial statements.

In the opinion of the committee the financial report:

1. Presents a true and fair view of the financial position of NSW Consumer Advisory Group - Mental Health Inc as at 30 June 2009 and its performance for the year ended on that date.
2. At the date of this statement, there are reasonable grounds to believe that NSW Consumer Advisory Group - Mental Health Inc Inc. will be able to pay its debts as and when they fall

This statement is made in accordance with a resolution of the Committee and is signed for and on behalf of the Committee by:

  
Allison Kokary

  
Jenny MacKellin

SYDNEY,  
3<sup>rd</sup> October 2009

# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

## **BALANCE SHEET AS AT 30TH JUNE 2009**

	Notes	2009 \$	2008 \$
<b>Current assets</b>			
Cash assets	5	1,205,524	236,948
Receivables	6	45,264	7,558
<b>Total current assets</b>		<u>1,250,788</u>	<u>244,506</u>
<b>Non-current assets</b>			
Property, plant and equipment	7	11,867	11,576
<b>Total non-current assets</b>		<u>11,867</u>	<u>11,576</u>
<b>Total assets</b>		<u>1,262,655</u>	<u>256,082</u>
<b>Current liabilities</b>			
Payables	8	82,750	6,571
Provisions	9	22,634	15,421
Grant in Advance	14	1,000,000	-
<b>Total current liabilities</b>		<u>1,105,384</u>	<u>21,992</u>
<b>Non-current liabilities</b>			
Provisions	9	1,957	1,688
<b>Total non-current liabilities</b>		<u>1,957</u>	<u>1,688</u>
<b>Total liabilities</b>		<u>1,107,341</u>	<u>23,680</u>
<b>Net assets</b>		<u>155,314</u>	<u>232,402</u>
<b>Members Funds</b>			
Retained funds	13	155,314	232,402
<b>Total Members Funds</b>		<u>155,314</u>	<u>232,402</u>

*The Balance Sheet should be read in conjunction with the notes to the financial statements.*

# ANNUAL REPORT 2008 - 2009

NSW Consumer Advisory Group – Mental Health Inc.

## INCOME STATEMENT FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2009

	Notes	2009 \$	2008 \$
Revenue from ordinary activities	2	669,793	495,722
Expenses from ordinary activities:			
Employee expenses	3	231,543	274,993
Other expenses from ordinary activities	3	<u>515,338</u>	<u>206,806</u>
Surplus / (deficit) from ordinary activities before income tax expense		(77,088)	13,923
Income tax revenue / (expense) relating to ordinary activities	4	<u>-</u>	<u>-</u>
Surplus / (deficit) from ordinary activities after related income tax expense		<u>(77,088)</u>	<u>13,923</u>

The Income Statement should be read in conjunction with the notes to the financial statements.

## CASH FLOW STATEMENT FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2009

	Notes	2009 \$ Inflows (Outflows)	2008 \$ Inflows (Outflows)
<b>Cash flows from operating activities</b>			
Cash Receipts		1,632,087	495,722
Cash payments to suppliers and employees		<u>(650,572)</u>	<u>(475,657)</u>
<b>Net cash provided by / (used in) operating activities</b>	11(b)	<u>981,515</u>	<u>20,065</u>
<b>Cash flow from investing activities</b>			
Payments for property, plant and equipment		<u>12,939</u>	<u>8,230</u>
<b>Net cash provided by / (used in) investing activities</b>		<u>12,939</u>	<u>8,230</u>
Net increase / (decrease) in cash held		968,576	11,835
Cash at the beginning of the financial year		<u>236,948</u>	<u>225,113</u>
<b>Cash at the end of the financial year</b>	11(a)	<u>1,205,524</u>	<u>236,948</u>

The Cash Flow Statement should be read in conjunction with the notes to the financial statements.



# ANNUAL REPORT 2008 - 2009

## *NSW Consumer Advisory Group – Mental Health Inc.*

### **NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2009**

#### **Note 1 - Statement of significant accounting policies**

This financial report is a special purpose financial report prepared for use by the committee of the association. The committee members have determined that the association is not a reporting entity.

The financial report has been prepared in accordance with the requirements of the following Australian Accounting Standards:

AASB 1031    Materiality  
AASB 110    Events after the Balance Sheet Date

No other Australian Accounting Standards or other authoritative pronouncements of the Australian Accounting Standards Board have been applied.

The financial report is prepared on an accruals basis and is based on historic costs and does not take into account changing money values or, except where specifically stated, current valuations of non-current assets.

The following specific accounting policies, which are consistent with the previous period unless otherwise stated, have been adopted in the preparation of this financial report.

#### **(a) Plant and equipment**

Plant and equipment is brought to account at cost or at an independent committee's valuation.

The depreciable amount of all plant and equipment is depreciated on a straight line basis over the useful lives of the assets of the Association commencing from the time the asset is held ready for use.

The carrying amount of plant and equipment is reviewed annually by the committee to ensure it is not in excess of the recoverable amount from these assets.

The recoverable amount is assessed on the basis of the expected net cash flows which will be received from the assets employment and subsequent disposal. The expected net cash flows have not been discounted to their present values in determining recoverable amounts.

#### **(b) Employee entitlements**

Provision is made for the Association's liability for employee entitlements arising from services rendered by employees to balance date. Employee entitlements expected to be settled within one year together with entitlements arising from wages and salaries, annual leave and sick leave which will be settled after one year, have been measured at their nominal amount. Other employee entitlements payable later than one year have been measured at the present value of the estimated future cash outflows to be made for those benefits.

Contributions are made by the Association to employee superannuation funds and are charged as expenses when incurred.

#### **(c) Taxation**

The activities of the Association are exempt from income tax.

#### **(d) Revenue recognition**

Amounts disclosed as revenue are net of returns, trade allowances and duties and taxed paid. Revenue is recognised for the major operating activities as follows:

##### **(i) Government grants**

Grants received are brought to account as income on a progressive basis over either the period to which the grant relates or the period over which the grant is expended.





# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

## NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2009

### Note 1 - Statement of significant accounting policies (continued)

#### (e) Receivables

All trade debtors are recognised at the amounts receivable as they are due for settlement no more than 30 days from the date of recognition.

Collectibility of trade debtors is reviewed on an ongoing basis. Debts which are known to be uncollectible are written off. A provision for doubtful debts is raised when some doubt as to collection exists.

#### (f) Deferred income / divisional results

Grants received are brought to account as income on a progressive basis over either the period to which the grant relates or the period over which the grant is expended.

Accordingly, where grants are brought to account on a progressive basis over the period to which the grant relates, there exists the likelihood that grant income will exceed costs associated with the project in some financial periods (divisional profit), and that such a divisional profit will be absorbed in future periods by subsequent divisional losses.

Where the grant is recognised as income in advance of the expenditure being incurred, the divisional profit will form part of the retained profits.

	2009 \$	2008 \$
<b>Note 2 - Revenue</b>		
Revenue from operating activities		
Grants received	661,792	481,089
	<u>661,792</u>	<u>481,089</u>
Revenue from outside the operating activities		
Interest received	6,870	13,815
Conference Income	-	4
Anti-Stigma Project	714	814
Consult & Committee Works	417	-
	<u>8,001</u>	<u>14,633</u>
Revenue from ordinary activities	<u>669,793</u>	<u>495,722</u>

### Note 3 - Surplus / (deficit) from ordinary activities

#### Net gains and expenses

Profit from ordinary activities before income tax expense includes the following specific net gains and expenses:

#### Expenses

Advertising	2,555	525
Bad Debts	1,080	-
Bank Charges	725	548
Insurance	3,188	5,399
Printing & Photocopying	11,982	13,751
Repairs & Maintenance	4,580	406
Telephone & Internet	3,890	4,255
Depreciation	12,648	10,010
Other Expenses	706,233	446,905
	<u>746,881</u>	<u>481,799</u>

# ANNUAL REPORT 2008 - 2009

## NSW Consumer Advisory Group – Mental Health Inc.

### NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2009

#### Note 4 - Income tax

As indicated in Note 1, the company is exempt from income tax.

#### Note 5 - Current assets - Cash assets

Cash on hand	300	364
Cash at bank	1,205,224	236,584
	<u>1,205,524</u>	<u>236,948</u>

#### Note 6 - Current assets - Receivables

Trade Debtors	46,344	7,558
Provision for Doubtful Debts	(1,080)	-
	<u>45,264</u>	<u>7,558</u>
	<b>2009</b>	<b>2008</b>
	<b>\$</b>	<b>\$</b>

#### Note 7 - Non-current assets - Property, plant and equipment

Office furniture and equipment - at cost	106,068	93,493
Less: accumulated depreciation	(94,201)	(81,917)
	<u>11,867</u>	<u>11,576</u>

#### Note 8 - Current liabilities - Payables

Trade creditors	6,833	6,571
Other Creditors	75,917	-
	<u>82,750</u>	<u>6,571</u>

#### Note 9- Provisions

##### (a) Current

Provision for annual leave	14,139	15,421
Provision for sick leave	8,495	-
	<u>22,634</u>	<u>15,421</u>

##### (b) Non-current

Provision for long service leave	1,957	1,688
	<u>1,957</u>	<u>1,688</u>

#### Note 10 - Segment reporting

NSW Consumer Advisory Group - Mental Health Inc is a non-government organisation actively involved in promoting the understanding of Mental Health problems in the community in New South Wales.

#### Note 11 - Cash Flow Statement

##### (a) Reconciliation of cash

Cash at the end of the financial year as shown in the cash flow statement is reconciled to the related items in the balance sheet as follows:

Cash on hand	300	364
Cash at bank	1,205,224	236,584
	<u>1,205,524</u>	<u>236,948</u>



# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

## NOTES TO AND FORMING PART OF THE FINANCIAL STATEMENTS FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2009

	2009 \$	2008 \$
<b>Note 11 - Cash Flow Statement (continued)</b>		
<b>(b) Reconciliation of cash provided by / (used) in operating activities</b>		
Operating surplus / deficit	(77,088)	13,923
Non-cash flows in operating surplus		
Depreciation	12,648	10,010
Changes in assets and liabilities		
(Increase) / decrease in trade debtors	(37,706)	(3,159)
Increase / (decrease) in income in advance	1,000,000	-
Increase / (decrease) in creditors	76,179	2,713
Increase / (decrease) in employee provisions	7,482	(3,422)
	<u>981,515</u>	<u>20,065</u>

The Association has no credit stand-by or financing facilities in place.

There were no non-cash financing or investing activities during the period.

### Note 12 - Events subsequent to balance date

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the association in financial years subsequent to the financial year ended 30 June 2009.

### Note 13 - Retained funds

Movements in retained funds are summarised as follows:

Retained funds at the beginning of the financial year	232,402	218,479
Current year surplus / (deficit)	(77,088)	13,923
Retained funds at the end of the financial year	<u>155,314</u>	<u>232,402</u>

### Note 14 - Income in Advance

Deferred income represents grants received prior to 30 June 2009 which are to be acquitted during the period commencing 1 July 2009.

The amounts included in deferred income are as follows

Copes Funding	<u>1,000,000</u>	-
	<u>1,000,000</u>	-

# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

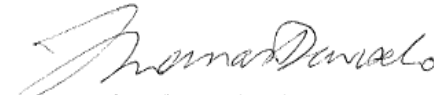

## DISCLAIMER

**TO THE MEMBERS OF NSW CONSUMER ADVISORY GROUP -  
MENTAL HEALTH INC.  
ABN 82 549 537 349**

The additional financial data presented in the following pages is in accordance with the books and records of the Company which have been subjected to the auditing procedures applied in our audit of the Association for the year ended, 30 June 2009.

It will be appreciated that our audit did not cover all details of the additional financial data. Accordingly, we do not express an opinion on such financial data and no warranty of accuracy or reliability is given.

Neither the firm nor any member or employee of the firm undertakes responsibility in any way whatsoever to any person (other than the Association) in respect of such data, including errors or omissions therein however caused.

  
**THOMAS DAVIS & CO.**  


P.L. WHITEMAN

PARTNER

Chartered Accountants

SYDNEY,

13th October 2009

# ANNUAL REPORT 2008 - 2009

NSW Consumer Advisory Group – Mental Health Inc.

## DETAILED INCOME STATEMENT FOR THE FINANCIAL YEAR ENDED 30TH JUNE 2009

	2009 \$	2008 \$
<b>Revenue</b>		
Consulting & Committee Works	417	1,575
Infrastructure Grants Income	79,057	32,814
Core Funding (NSW) Health	489,100	246,700
CoPES Funding (NSW) Health	50,000	200,000
Interest Received	6,870	13,815
Conference Income	-	4
Anti-Stigma Project	713.82	814
Project Grants	43,635.48	-
	<u>669,792.88</u>	<u>495,722</u>
<b>Expenditure</b>		
Accounting Fees	2,350.00	2,264.00
Advertising	2,554.84	525.00
Bank Charges	725.05	548.00
Bookkeeping	1,938.30	15,837.00
Bad Debts	1,079.70	-
Catering & Hospitality	3,219.30	7,756.00
Computer Software	8,038.65	451.00
Consultancy Fees	345,409.42	81,238.00
Conferences & Meetings	5,090.91	100.00
Co Location Costs	-	10,000.00
Courier & Postage Costs	3,514.55	4,689.00
Depreciation	12,647.51	10,010.00
Hire of Conference Room	1,236.37	1,375.00
Insurance	3,187.70	5,399.00
Legal Costs	511.26	284.00
Long Service Leave	269.00	(914.00)
Members Fees	1,463.64	1,021.00
Miscellaneous	4,553.26	-
Office Supplies	8,479.48	5,805.00
Printing & Photocopying	11,981.50	13,751.00
Annual Leave	(1,282.05)	(2,245.00)
Promotional Material & Events	9,409.88	-
Reference materials	1,290.80	1,643.00
Repairs & Maintenance	4,580.00	406.00
Sick Leave	8,495.09	-
Staff Training & Welfare	5,617.27	4,830.00
Staff Amenities	1,177.19	702.00
Subscriptions	2,087.99	2,129.00
Superannuation Contributions -	18,900.18	22,452.00
Supervision	1,140.00	1,516.00
Telephone & Internet	3,889.83	4,255.00
Travelling-Members & Subsistence	11,701.91	11,175.00
Travelling-Staff & Subsistence	47,466.15	22,256.00
Wages	212,642.97	252,541.00
Workers Compensation	1,512.70	-
	<u>746,880.35</u>	<u>481,799.00</u>
	(77,087.47)	13,923.00

The Detailed Income & Expenditure Statement should be read in conjunction with the attached disclaimer dated 13 October, 2009.

# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

**INDEPENDENT AUDITOR'S REPORT  
TO THE MEMBERS OF NSW CONSUMER ADVISORY GROUP - MENTAL HEALTH INC  
NSW HEALTH DRUG & ALCOHOL OFFICE  
CORE FUNDING  
ABN 82 549 537 349**

We have audited the attached Statement of Income and Expenditure of NSW Consumer Advisory Group - Mental Health Inc in respect of the NSW Health Drug & Alcohol Office, Core Funding.

*The Responsibility of the Association's Management*

The Association's management are responsible for the preparation and fair presentation of the Statement and have determined that the accounting policies used are appropriate to meet the financial reporting requirements of the Grant Agreement and meeting the needs of the members. The Association's management responsibility also includes establishing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

*Auditor's Responsibility*

Our responsibility is to express an opinion on the Statement based on our audit. No opinion is expressed as to whether the accounting policies used, are appropriate to meet the needs of the members. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the Statement. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the Statement in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Association's management, as well as evaluating the overall presentation of the Statement.

The Statement has been prepared as required by the Grant Agreement. We disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

# ANNUAL REPORT 2008 - 2009

## *NSW Consumer Advisory Group – Mental Health Inc.*

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

### *Auditor's Opinion*

In our opinion, the Statement of Income and Expenditure, presents fairly, in all material respects, the result of the NSW Health Drug & Alcohol Office, Core Funding is in accordance with the terms and conditions of the Grant Agreement.



**THOMAS DAVIS & CO.**

P.L. Whiteman

PARTNER

Chartered Accountants

SYDNEY,

13 October, 2009



# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

**STATEMENT OF INCOME AND EXPENDITURE  
NSW CONSUMER ADVISORY GROUP - MENTAL HEALTH INC  
NSW HEALTH DRUG & ALCOHOL OFFICE  
CORE FUNDING**

	\$
<u>INCOME</u>	
Consult & Committee Works	416.59
Core Funding (NSW Health)	489,100.00
Anti-stigma Project	713.82
Interest	6,869.99
	<hr/> 497,100.40
<u>EXPENDITURE</u>	
Bank Charges	637.77
Courier / Postage Costs	3,472.59
Office / Stationery Supplies	3,697.73
Telephone / Telephone Conferen	2,564.21
Staff Amenities	1,012.55
Superannuation	10,608.23
Wages & Salaries	116,926.86
Workers' Compensation	753.47
Advertising	2,554.84
Promotional Material	8,172.29
Auditor / Accounting	1,175.00
Bookkeeping	969.15
Conference Room Hire	1,236.37
Events	1,237.59
Software	871.60
Conference Attendance	3,763.64
Contractor Fees	238,057.15
Insurance	3,022.15
Internet Fees	80.00
Legal Fees	511.26
Membership / Subscription	1,235.27
Reference Materials	1,070.82
Supervision	1,140.00
Photocopy costs	5,280.92
Photocopier hire costs	2,749.56
External Printing Costs	2,115.90
Catering & Hospitality	1,613.96
Catering & Hospitality - Board	1,447.65
Member Training	1,463.64
Staff Training Costs	5,344.54
Members Travel & Subsistance	11,051.91
Staff Travel & Subsistance	495.20
Staff travel - taxi	2,366.40
Staff travel - flights	26,751.91
Staff Travel - Accommodation	3,265.00
Staff Travel - Car Hire	243.55
Miscellaneous	43.50
OH&S	195.44
	<hr/> 469,199.62
NET SURPLUS/(DEFICIT)	<hr/> <hr/> 27,900.78





# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

**INDEPENDENT AUDITOR'S REPORT  
TO THE MEMBERS OF NSW CONSUMER ADVISORY GROUP - MENTAL HEALTH INC  
NSW HEALTH DRUG & ALCOHOL OFFICE  
MH CoPES STAGE 2  
ABN 82 549 537 349**

We have audited the attached Statement of Income and Expenditure of NSW Consumer Advisory Group - Mental Health Inc in respect of the NSW Health Drug & Alcohol Office, CoPES Stage 2 project.

*The Responsibility of the Association's Management*

The Association's management are responsible for the preparation and fair presentation of the Statement and have determined that the accounting policies used are appropriate to meet the financial reporting requirements of the Grant Agreement and meeting the needs of the members. The Association's management responsibility also includes establishing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

*Auditor's Responsibility*

Our responsibility is to express an opinion on the Statement based on our audit. No opinion is expressed as to whether the accounting policies used, are appropriate to meet the needs of the members. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the Statement. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the Statement in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Association's management, as well as evaluating the overall presentation of the Statement.

The Statement has been prepared as required by the Grant Agreement. We disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

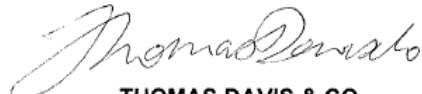
# ANNUAL REPORT 2008 - 2009

## *NSW Consumer Advisory Group – Mental Health Inc.*

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

### *Auditor's Opinion*

In our opinion, the Statement of Income and Expenditure, presents fairly, in all material respects, the result of the NSW Health Drug & Alcohol Office, CoPES Stage 2 project is in accordance with the terms and conditions of the Grant Agreement.



**THOMAS DAVIS & CO.**



P.L. Whiteman

PARTNER

Chartered Accountants

SYDNEY,

13 October, 2009

# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

**STATEMENT OF INCOME AND EXPENDITURE  
NSW CONSUMER ADVISORY GROUP - MENTAL HEALTH INC  
NSW HEALTH DRUG & ALCOHOL OFFICE  
MH CoPES Stage 2**

AUDITOR'S REPORT

	\$
<u>INCOME</u>	
Copes Funding (NSW Health)	50,000.00
	<u>50,000.00</u>
<u>EXPENDITURE</u>	
Bank Charges	87.28
Courier / Postage Costs	41.96
Office / Stationery Supplies	4,331.75
Telephone / Telephone Conferen	1,214.84
Depreciation Expenses	363.33
Staff Amenities	164.64
Superannuation	7,989.14
Wages & Salaries	93,250.14
Workers' Compensation	563.79
Auditor / Accounting	1,175.00
Bookkeeping	969.15
Computer Maintenance	122.73
Software	204.32
Conference Attendance	1,327.27
Contractor Fees	64,019.28
Insurance	165.55
Reference Materials	48.24
Photocopy costs	1,835.12
Catering & Hospitality	54.73
Staff Training Costs	272.73
Staff travel - taxi	1,388.00
Staff travel - flights	11,843.37
Staff Travel - Accommodation	992.47
	<u>192,424.83</u>
NET SURPLUS/(DEFICIT)	<u>-142,424.83</u>

# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

**INDEPENDENT AUDITOR'S REPORT  
TO THE MEMBERS OF NSW CONSUMER ADVISORY GROUP - MENTAL HEALTH INC  
NSW HEALTH DRUG & ALCOHOL OFFICE  
MH CoPES STAGE 3  
ABN 82 549 537 349**

We have audited the attached Statement of Income and Expenditure of NSW Consumer Advisory Group - Mental Health Inc in respect of the NSW Health Drug & Alcohol Office, CoPES Stage 3 project.

*The Responsibility of the Association's Management*

The Association's management are responsible for the preparation and fair presentation of the Statement and have determined that the accounting policies used are appropriate to meet the financial reporting requirements of the Grant Agreement and meeting the needs of the members. The Association's management responsibility also includes establishing and maintaining internal control relevant to the preparation and fair presentation of the financial report that is free from material misstatement, whether due to fraud or error; selecting and applying appropriate accounting policies; and making accounting estimates that are reasonable in the circumstances.

*Auditor's Responsibility*

Our responsibility is to express an opinion on the Statement based on our audit. No opinion is expressed as to whether the accounting policies used, are appropriate to meet the needs of the members. We conducted our audit in accordance with Australian Auditing Standards. These Auditing Standards require that we comply with relevant ethical requirements relating to audit engagements and plan and perform the audit to obtain reasonable assurance whether the financial report is free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the Statement. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial report, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the Statement in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by the Association's management, as well as evaluating the overall presentation of the Statement.

The Statement has been prepared as required by the Grant Agreement. We disclaim any assumption of responsibility for any reliance on this report or on the financial report to which it relates to any person other than the members, or for any purpose other than that for which it was prepared.

# ANNUAL REPORT 2008 - 2009

*NSW Consumer Advisory Group – Mental Health Inc.*

**STATEMENT OF INCOME AND EXPENDITURE  
NSW CONSUMER ADVISORY GROUP - MENTAL HEALTH INC  
NSW HEALTH DRUG & ALCOHOL OFFICE  
MH CoPES Stage 3**

	\$
<u>INCOME</u>	
Copes Funding (NSW Health)	<hr/> -
	-
<u>EXPENDITURE</u>	
Office Equipment-Non Capital	3,599.00
NET SURPLUS/(DEFICIT)	<hr/> -3,599.00 <hr/>

AUDITOR'S REPORT

